

# National Standards for Sport Coaches

## Quality Coaches, Quality Sports



### Standards Provide Direction

The *National Standards for Sport Coaches, Second Edition* is a “playbook” for running a successful training program. It provides clear direction regarding the skills and knowledge every coach needs to have.

### Applicable to All Levels of Coaching

From novice to highly skilled master coach, the National Standards work for all sports and at all competitive levels. If a program covers the information in this book, that program will prepare qualified coaches.

### The Standards are Inclusive

These standards will assist coaches as they maximize participation among all athletes in a supportive, reassuring and safe environment.

### A Basis for Accreditation of State Coaching Education Programs

Many states, local school boards, and community sport programs require some coaching education or certification. The National Standards enable officials to evaluate how well these training and educational programs are working.

*“The National Standards should be a part of every sport administrator’s professional library as well as every interscholastic and intercollegiate coach’s. All coaching education providers should aspire to have their efforts meet or exceed these standards. America’s athletes and coaches deserve nothing less.”*

CHRISTOPHER HICKEY  
Executive Director  
Institute for Sport Coaching



### A Consensus of Experts

Reviewed and revised by experts from national governing bodies of sport, this straightforward guide identifies 8 domains and 40 standards of critical importance.

Over 100 organizations currently endorse the standards, including youth sport agencies, national governing bodies of sport, school sport groups, colleges, and organizations.

*“Special Olympics North America fully supports coaches’ education and the National Standards for Sport Coaches. We believe in, and have fully embraced, the eight domains outlined within the National Standards.”*

ROBYN MARKEY  
Senior Manager of Coach Development  
Special Olympics North America

### This book is a **MUST** for:

**Coaching Educators** Provide quality training that will have a positive impact on your coaches’ performance.

**Sport Administrators** Establish benchmarks for hiring quality coaches for your program.

**Coaches** Develop a performance guide for professional growth and skill development.

**Athletes** Learn how a quality coach can optimize your sport experience.

**Anyone responsible for implementing a comprehensive quality training program!**



## National Standards for Sport Coaches, 2<sup>nd</sup> Edition



### 8 Domains of Coaching Competencies

- Philosophy and Ethics
- Safety and Injury Prevention
- Physical Conditioning
- Growth and Development
- Teaching and Communication
- Sport Skills and Tactics
- Organization and Administration
- Evaluation

*“The eight domains address critical areas that every coach, but particularly the head coach of every team, needs to be well versed in. The 40 standards provide a detailed breakdown of each domain and give coaches added areas of focus. This is a great document!”*

BRIAN McNALLY

Athletic Director and Physical Education Coordinator  
Andover Public Schools

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*NASPE Sets the Standard*

Coaching Should Be Held  
to a Higher Standard...

# The NATIONAL STANDARDS



*Updated!  
2nd Edition*



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